

# Adults 60+ Virtual Recreation and Services Guide

FALL 2020



**Please Note: Due to COVID-19, classes and programs are subject to change.**



## **The Rockville Senior Center is going virtual for all Fall classes. Online or Mail-In to Register for Fall Classes**

**Registration:** Fall registration opens on Thursday, August 27 starting at 8:30 a.m. We will not have in person registration.

**Trips:** The popular 60+ Trip and Tour program is currently on hold. When travel is deemed safe again the Senior Recreation Service staff will be planning the wonderful adventures as enjoyed in the past.

**Mail-In Registration:** We are taking mail-in's now and will process them in the order it is received starting on August 27. If mailing registrations, please complete the registration form on page 19, enclose a check and mail to:

Rockville Senior Center  
1150 Carnation Dr, Rockville, MD 20850

*If mailing a registration, you will receive a receipt in the mail, or in your email. You will be contacted if you did not get into the class you wanted.*

**Online Registration:** [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)  
Visa and MasterCard accepted

### **REMINDER:**

Please be sure your Senior Center Membership is up to date when you are registering. Memberships are now available for renewal online in our registration system while the Center is closed.

Please call **240-314-8800, 240-314-8620**, or email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) if you have any questions with registrations.

Need Help paying for classes?  
**Program Assistance Fund can help!**  
**Call 240-314-8800 for information.**

**Internet access is required for virtual classes. Some programs are phone-in available.**

### **Need Food During this time?**

Call 240-314-8800 or email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

# Arts & Enrichment

## **P** Birthday and Anniversary Parties

Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc.

### September & October Birthday

**Vintage Entertainment; Sponsored by Yvonne Koo**

Course	Day, Date	Time	Cost
14668	W, 9/30	1:30-2:15 pm	Free/\$7

### November & December Birthday

**Entertainment by Winfield Parker; Sponsor Available**

Course	Day, Date	Time	Cost
14687	W, 11/18	1:30-2:15 pm	Free/\$7

## **P** Book Club

An in-depth discussion covering a broad spectrum of books. A moderator presents topics for discussion.

**Sept. 24:** *"Look Me in the Eye: My Life with Asperger's"* By John Elder Robinson; **Oct. 22:** *"Strangers and Cousins"* By Leah Hager Cohen  
**Dec. 3:** *"White Fragility"* By Robin DiAngelo

Course	Day, Date	Time	Cost
14669	Th, 9/24, 10/22, 12/3	9:30-10:45 am	Free/\$6

## **P** Books that Shaped America **NEW!**

The Library of Congress selected 88 books in June of 2012 that helped to shape America. These selections are to be a starting point for a National conversation. All the authors are Americans. Reading the book is optional. Presented by Joan Adams.

### "The Narrative of the Life of Frederick Douglass"

This was and continues to be one of the most widely read slave narratives. It is more than a story of personal struggle and courage. It provides the reader with a glimpse of what it means to be free after enslavement.

Course	Day, Date	Time	Cost
14754	M, 9/21	1-2 pm	\$6/\$13

### "Uncle Tom's Cabin" by Harriet Beecher Stowe

Stowe was influenced by the disobedience of many of the Fugitive Slave Law of 1850. The book was serialized in 1851 in an antislavery publication in Washington, D.C. In the first year of publication it sold over 300,000 copies.

Course	Day, Date	Time	Cost
14755	M, 10/19	10:30-11:30 AM	\$6/\$13

## "Walden" by Henry David Thoreau

Also known as "Life in the Woods." What does the author find out about living in solitude in a cabin on a pond in MA? Thoreau wished to live deliberately. What he discovered then has a great deal of relevance today as it did in 1854.

Course	Day, Date	Time	Cost
14756	M, 11/16	10:30-11:30 am	\$6/\$13

## Bridge-Beginner I **NEW!**

Fun and instructive online class for those who would like to learn the game of bridge. Classes start with a lesson and finish with supervised play. Topics include the 2 over 1 bidding system and the play of cards while learning the basics and foundations of the game. Bridge Base On-line (BBO) will be the online platform combined with Zoom video. Two separate internet devices highly recommended. The class is limited to 4 participants in order to allow for individualized instruction. No class on 11/3. Instructor: Schiff

Course	Day, Date	Time	Cost
14670	Tu, 9/15-11/10	1-3 pm	\$65/\$81

## **P** C&O Canal Myths and Truths **NEW!**

There are many myths and misunderstandings about the C&O Canal and the people who lived and worked on it. This presentation explores the most common myths and in the process, provides a lively introduction to the canal's history and operation. Dr. Karen Gray volunteers with the National Parks Service and has been hiking and working on the C&O Canal since 1977.

Course	Day, Date	Time	Cost
14701	Tu, 9/22	10:30 am-12 pm	\$6/\$8

## Did you know?

We have a pen pal program for seniors?  
Call 240-314-8800 for more information

## Virtual Fall Classes

Take all of these classes right from your home!

KEY: **P** = Phone in available

# Arts & Enrichment cont.

## **P** Cooking for One **NEW!**

We will be making salmon! The first way we'll practice is to pan-sear the filet, serving it with stir-fried and steamed asparagus and sesame vinaigrette. The second round will be leftover salmon in a corn pancake, and the third round will be leftover salmon in Kedgeree (borrowed from the Indian dish of rice and lentils called khichri, that became a favorite British breakfast dish). After registering, you will be sent the recipe so you can purchase your own supplies if you'd like to cook along with Chef Sheila.

Course	Day, Date	Time	Cost
14649	Th, 10/22	4:30-6 pm	\$26/\$35

## Critters and Coffee **NEW!**

Start your morning right with coffee and some critters from Croydon Creek Nature Center! Join a naturalist for a conversation about some of the animals we share our backyards with and learn their stories. Participants provide their own coffee and the Nature Center will provide the animals. Presented by Laura Fawks Lapole, the Assistant Supervisor of Croydon Creek Nature Center.

Course	Day, Date	Time	Cost
14653	Th, 10/29	10-10:30 am	Free

## English Class

Classes include reading, speaking, listening, and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by an assessment. Please call 240.314.8800 to schedule this assessment.

### Basics/English 1; Instructor: Crooks

Course	Day, Date	Time	Cost
14885	M,W, 9/14-11/18	10 am-12 pm	Free

### High Beginner/English 2; Instructor: Bendel

Course	Day, Date	Time	Cost
14886	Tu,Th, 9/15-11/19	10 am-12 pm	Free

### Intermediate/English 3; Instructor: Tunick

Course	Day, Date	Time	Cost
14887	Tu,Th, 9/15-11/19	10 am-12 pm	Free

### Advanced/English 4; Instructor: Smudski

Course	Day, Date	Time	Cost
14888	M,W, 9/14-11/18	10 am-12 pm	Free



## English Conversation Classes

Speak more confidently about everyday topics.

### Beginning Conversation: Let's Talk; Instructor: Nader

Course	Day, Date	Time	Cost
14889	M, 9/14-11/9	1-3 pm	Free

### Advanced Conversation: More Talk.; Instructor: Nader

Course	Day, Date	Time	Cost
14890	Th, 9/17-11/12	1-3 pm	Free

## Guitar Lessons

Learn a new skill or refresh a long forgotten one with this acoustic guitar course, taught by Kevin Mittleman from The School of Music. Class covers basic strumming techniques, scales, melodies, basic theory, and tips to get you playing. Students need a guitar and notebook. The instructor will call participants to schedule a 30 minute one-on-one session within the time slot.

### Beginner through Advanced

Course	Day, Date	Time	Cost
14686	W, 9/16-11/4	1-3 pm	\$80/\$107

## **P** Hallowishes Party **NEW!**

It's Halloween time and we are having a bash! Join the staff for an afternoon of trivia and more. We can't tell you what more might be! Costumes are welcome if you wish as we have a blast!

Course	Day, Date	Time	Cost
14679	Th, 10/29	1-2 pm	Free

## Handbells

This course uses color-coded lightweight hand bells and requires no previous musical knowledge. Each student will get to use one or two bells and the group together will play folk and some classical music. As the class progresses, learn to play chords; practicing is not required. Staff will deliver bells to participant's front door, with no personal contact. No class on 11/3. Instructor: Connie Hughes

Course	Day, Date	Time	Cost
14685	Tu, 9/15-11/10	2:10-3 pm	\$16/\$25



## Home for the Holidays **NEW!**

Paint and decorate a sign for your home that can be used year-round. Rotate through 5 seasonal designs. No experience required for this fun craft. Staff will deliver materials to participant's front door, with no personal contact. Great piece to use in your home or as a holiday gift. Instructor: Tammy Brown (See photo at left.)

Course	Day, Date	Time	Cost
14700	Th, 10/8	10 am-12 pm	\$36/\$45

## P Issues and Ethics **NEW!**

Do you ever wonder about the major issues that confront us daily? This class gives participants a chance to evaluate, enhance, or even change your position in an environment where all positions are respected. Instructor: Marvin Adams

Course	Day, Date	Time	Cost
14665	Th, 10/1-10/22	1-2:30 pm	\$34/\$42

## P Montgomery County's 1950's Housing Boom **NEW!**

The 1950's housing boom almost doubled the number of single-family homes in Montgomery County in one decade. This presentation will focus on the national-level & county-level factors that fueled the housing boom, the federal programs that helped builders & buyers, where the new homes were built in the county, the styles of these new homes, the developers who built them, the architects who designed them, and more. Presented by Robert Bachman.

Course	Day, Date	Time	Cost
14702	Tu, 10/20	10:30 am-12 pm	\$6/\$8

## Paint and Sip **NEW!**

Paint a watercolor from a famous artist from the Impressionists Period, along with the instructor, while discussing brush strokes, color, and composition. The cost of paper, tube paints, and brush is included in the registration fee. Supply your beverage of choice, and the center will provide the materials with contact free delivery to participant's front door. Instructor: Val Fry

Course	Day, Date	Time	Cost
14660	F, 10/16	4-6 pm	\$28/\$35

## Virtual Fall Classes

Take all of these classes right from your home!

## P -Phillas, -Phobias, -Ologies, and More! **NEW!**

Learn common and not-so-common English words from their Greek and Latin roots. Topics include general nouns and verbs, prefixes and suffixes, medical terminology, plant and animal names, forms of governments, and more. You'll encounter words like pandemic, oligarchy, and be able to understand them, and many more, with a basic knowledge of their Greek and Latin origins.

Course	Day, Date	Time	Cost
14652	Th, 10/1-10/15	10-11 am	\$18/\$25

## Piano Lessons

Learn fundamentals of rhythm, theory, and note reading. Classes will be taught one-on-one for 15 minutes. The instructor will call participants to schedule the 15 minutes within the time slot. A piano or keyboard is required. Instructor: Connie Hughes

### Complete Beginner Piano

Ideal for the complete beginner. Instruction will be given on note reading, rhythm, theory, and technique. No class on 11/3.

Course	Day, Date	Time	Cost
14681	Tu, 9/15-11/10	9:15-10:15 am	\$72/\$99

### Beginner Continuing Piano

This class is for those who have taken at least one course of piano lessons with our Senior Center instructor. Further instruction will be given on technique, note reading, and theory. No class on 11/3.

Course	Day, Date	Time	Cost
14682	Tu, 9/15-11/10	10:30-11:30 am	\$72/\$99
14683	Tu, 9/15-11/10	1-2 pm	\$72/\$99

### Advanced Continuing Piano

Designed for those who read both musical clefs, play with two hands simultaneously, and have a good understanding of theory. Opportunity is given to explore different musical genres in music. Prerequisite: Students must meet the listed requirements. No class on 11/3.

Course	Day, Date	Time	Cost
14684	Tu, 9/15-11/10	11:45 am-12:45 pm	\$72/\$99

KEY: P = Phone in available

# Arts & Enrichment cont.

## **P Sally Ride-Reach For the Stars** **NEW!**

In 1983 aboard the space shuttle Challenger, Sally Ride became America's first female astronaut and its youngest. Everyone loves trivia and game shows so get ready to blast off in an exciting competition, "Who Wants to be an Astronaut?" Presented in costume by Mary Ann Jung.

Course	Day, Date	Time	Cost
14690	W, 10/7	1-2:30 pm	\$6/\$12

## **P Science Tuesdays**

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost
14891	Tu, 10/13-12/8	1-2 pm	Free

## **P Second Fiddle – VP's Never President**

The role of the Vice President is simply to be prepared to take over if the President is unable. They also play an important role as the President of the Senate and could cast a tie breaking vote. There have been 48 VP's in American history and many are forgotten since they never became President of the United States. College Professor, Joan Adams, will present this series.

### **John Nance Garner III**

His contemporaries referred to him as "Cactus Jack." This lawyer from Texas served as Vice President from 1933-1941. He has the rare distinction of also serving as the Speaker of the House of Representatives.

Course	Day, Date	Time	Cost
14654	M, 9/14	10:30-11:30 am	\$6/\$13

### **Henry Wallace**

Wallace was the 33rd Vice President of the United States. He served in many other capacities during his life. Wallace was known for his great intellectual curiosity. Did you know that he founded a hybrid corn company?

Course	Day, Date	Time	Cost
14655	M, 10/5	10:30-11:30 am	\$6/\$13

### **Alben Barkley**

Barkley served his state of Kentucky and the United States as a member of the House of Representatives, a Senator, and the 35th Vice President of the United States. He endorsed Prohibition. What happened to cause Truman to select him as his running mate in 1948?

Course	Day, Date	Time	Cost
14656	M, 11/9	10:30-11:30 am	\$6/\$13

## **Seniors Understanding Nature (SUN)** **NEW!**

Discover the outdoors from the comfort of your home while connecting with the natural world. Each month, a naturalist from Croydon Creek Nature Center will explore a different nature theme related to the current season. Participants will get a better understanding of the environment, gain new skills in observation and identification, and enjoy the health benefits of nature study.

### **Nature Journal and Observation Skills**

A nature journal is not just for professional artists; rather it's a record of nature observations. Learn how to keep track of the changes that occur from season to season by recording your observation through a variety of methods.

Course	Day, Date	Time	Cost
14693	F, 9/25	10:30-11:30 am	Free

### **Fall Woody Plants**

Investigate the changes that autumn brings to trees and shrubs. Discover why these changes occur and what it can tell you about the environment.

Course	Day, Date	Time	Cost
14694	F, 10/23	10:30-11:30 am	Free

### **Fall Bird Migration**

Learn the basics of fall bird migration and discover the how, why, and where this phenomenon occurs this time of year.

Course	Day, Date	Time	Cost
14695	F, 11/20	10:30-11:30 am	Free

## **Trips:**

The popular 60+ Trip and Tour program is currently on hold. When travel is deemed safe again the Senior Recreation Service staff will be planning the wonderful adventures as enjoyed in the past.

## Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities. Instructor: Almidon

### Just the Basics

Course	Day, Date	Time	Cost
14882	Tu,Th, 9/22-10/22	12:30-2:30 pm	\$44/\$70

### Continuing

Course	Day, Date	Time	Cost
14883	M, W, 9/21-10/21	12:30-2:30 pm	\$44/\$70

## P The Loughborough Family of Montgomery County **NEW!**

For 162 years, the Loughboroughs were one of the most prominent families in Washington and southern Montgomery County. Nathan Loughborough was a Quaker working for the Treasury Department in Philadelphia and moved here with the government in 1800. Loughboro Road and Loughborough Lane are named after him. Instructor: James H. Johnston with the Montgomery County Historical Society.

Course	Day, Date	Time	Cost
14698	Tu, 9/29	10:30 am-12 pm	\$6/\$8

## P Time's 100 of the Century

Time magazine looked at the most remarkable people of the 1900's and divided them into five categories. There are artists and entertainers, scientists and thinkers, leaders and revolutionaries, builders and titans, and heroes and icons. Let's discover some of these fascinating people. Chosen for better or worse, they influenced the last 100 years. College Professor Joan Adams will present this series.

### Rosa Parks

Rosa Louise Parks was more than tired when she got on the bus that fateful day. She was an active member of her church and served as a deaconess. Later she was employed in the office of Congressman John Conyers. Take a closer look at some of her other activist activities and discover why *Time Magazine* selected her.

Course	Day, Date	Time	Cost
14657	M, 9/21	10:30-11:30 am	\$6/\$13

(	KEY: P = Phone in available	)
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## Margaret Thatcher

Baroness Thatcher was one of the longest serving Prime Ministers of the United Kingdom. She holds the distinction of being the first female PM. Let's revisit her time in office and find out why she earned the title The Iron Lady.

Course	Day, Date	Time	Cost
14658	M, 10/26	10:30-11:30 am	\$6/\$13

## Jonas Salk

Jonas Edward Salk was a medical researcher and a virologist. He developed one of the first successful polio vaccines. Dr. Salk campaigned for mandatory vaccination and considered it a moral commitment. His Salk Institute for Biological Studies is still a center for medical research today. He was hailed as a miracle worker.

Course	Day, Date	Time	Cost
14659	M, 11/23	10:30-11:30 am	\$6/\$13

## P Veteran's Appreciation **NEW!**

Please join us for this special program as we honor and express our gratitude to veterans. Our guest speaker Michele Marsden, Sergeant Major, U.S. Army (Ret.), has spoken at the City's annual Veterans Day ceremony. Her presentation "My Mama Wore Combat Boots" will pay tribute to veterans. Veterans who are senior center members or Rockville residents and register for this event will receive a free box lunch. Lunch will be delivered by senior center staff to the veteran's front door, with no person contact. A special thank you to Collingswood Rehabilitation and Healthcare Center for sponsoring this event. Register by 10/28.

Course	Day, Date	Time	Cost
14691	F, 11/6	10:30-11:30 am	Free

## Virtual Campfire **NEW!**

Did you know that fall leaf colors are present year round? Gather round the virtual campfire to learn more about the autumn season! Join a naturalist from Croydon Creek Nature Center as they discuss what makes fall such a unique time for both humans and the natural world. Although this event is not in person, you can still enjoy the firelight, the companionship, and s'mores all from the comfort of home.

Course	Day, Date	Time	Cost
14692	F, 10/2	6:30-7:30 pm	Free

# Arts & Enrichment cont.

## Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Our classes are always supportive and encouraging. If you need the supply list email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov) at least 1 week prior to class.

### Beginner

Learn the basics about paper, palette set up, and brush strokes, color mixing, and applying basic techniques in watercolor. Join us for a fun introduction to the watercolor medium.

Course	Day, Date	Time	Cost
14666	W, 9/16-11/4	9:30-11:30 am	\$84/\$105

### Intermediate

For students who have had some watercolor exposure. Explore different techniques in watercolor that can enhance paintings and learn about building blocks to better paintings including use of color, shapes, values, and edges. Classes usually begin with a critique and then an introduction of well known watercolor artist. Then there will be a demo by the teacher. No class on 11/3.

Course	Day, Date	Time	Cost
14661	Tu, 9/15-11/10	9:30-11:30 am	\$84/\$105
14662	Tu, 9/15-11/10	12-2 pm	\$84/\$105

### Advanced

Discuss composition, color, shapes, and edges. Techniques and personal style will be encouraged. We will have a critique, introduction to famous watercolor artists, and weekly demonstration given by the teacher. Enjoy our love of watercolors in a very supportive environment.

Course	Day, Date	Time	Cost
14667	W, 9/16-11/4	12-2 pm	\$84/\$105

## Watercolor of Pets/Birds **NEW!**

Paint from your own pictures or from a supplied one of wild birds in a lovely snow scene. Come join us for this fun mini class. No class on 11/25. Instructor: Val Fry

Course	Day, Date	Time	Cost
14688	W, 11/18-12/16	9:30-11:30 am	\$42/\$65
14689	W, 11/18-12/16	12-2 pm	\$42/\$65

## What's My Type? **NEW!**

Meyers-Briggs Type Indicator (MBTI) is one of the world's leading personality type instruments. In this two part class, we will discover the various personality types as well as assessing our own. Instructor: Marvin Adams

**Part one (first week)** provides a better understanding of how we can better communicate with those that are different from us through taking the official assessment.

**In part two (second week)** an explanation will be given by a certified professional as to your personality type score and how it inter-relates to others with differing types.

Course	Day, Date	Time	Cost
14664	Th, 9/17-9/24	1-2:30 pm	\$8/\$15

# Technology

## B Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging app to communicate with your friends and more. Instructor: Hickman

### Android Basics Tablet

Course	Day, Date	Time	Cost
14939	Tu, Th, 10/13-10/15	10 am-12 pm	\$14/\$27
14918	Tu, Th, 12/15-12/17	10 am-12 pm	\$14/\$27

### Android Basics Phone

Course	Day, Date	Time	Cost
14944	M, W, 10/19-10/21	1-3 pm	\$17/\$27
14922	M, W, 12/21-12/23	1-3 pm	\$17/\$27

## B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well known charity, learn the signs of deception. Instructor: Hickman

Course	Day, Date	Time	Cost
14963	Tu, 11/24	10 am-12 pm	\$9/\$15

KEY: **B** = Beginner **I** = Intermediate



## B Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

Course	Day, Date	Time	Cost
14946	Tu, Th, 10/20-10/22	10 am-12 pm	\$14/\$27
14923	Tu, Th, 12/22-12/24	10 am-12 pm	\$14/\$27

## B Computers: Save & Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks, and creating and/or deleting a desktop shortcut. Instructor: Hickman

Course	Day, Date	Time	Cost
14952	Th, 10/29	1-3 pm	\$9/\$15
14929	Th, 12/31	1-3 pm	\$9/\$15

## B Copying Pictures

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman

Course	Day, Date	Time	Cost
14966	Tu, 11/10	1-3 pm	\$9/\$15
14908	Tu, 12/1	1-3 pm	\$9/\$15

## B Managing Your Files

Learn how to copy, move, delete, and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile. Instructor: Hickman

Course	Day, Date	Time	Cost
14971	Tu, 11/10	10 am-12 pm	\$11/\$15

## B Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons. Instructor: Hickman

Course	Day, Date	Time	Cost
14959	W, 11/18	10 am-12 pm	\$9/\$15
14909	W, 12/2	10 am-12 pm	\$9/\$15

## Virtual Fall Classes

Take all of these classes right from your home!

## B Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents. Instructor: Hickman

Course	Day, Date	Time	Cost
14947	Th, 10/22	1-3 pm	\$6/\$13
14912	Th, 12/3	1-3 pm	\$6/\$13

## B Gmail basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
14938	Th, 10/8	1-3 pm	\$9/\$15
14917	Th, 12/10	1-3 pm	\$9/\$15

## B Hotmail Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying, and saving emails. Instructor: Hickman

Course	Day, Date	Time	Cost
14950	Tu, 10/27	1-3 pm	\$9/\$15
14927	Tu, 12/29	1-3 pm	\$9/\$15

## B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing, and surfing the web. No experience required. Instructor: Hickman

Course	Day, Date	Time	Cost
14933	Th, 10/1	1-3 pm	\$14/\$27
14911	Th, 12/3	10 am-12 pm	\$14/\$27

## B Using Right Click - Left Click

Understand your mouse and discover how to find, move, copy, and save files and pictures. Create or delete shortcut icons on your desktop, emails, and documents. Instructor: Hickman

Course	Day, Date	Time	Cost
14945	Tu, 10/20	1-3 pm	\$9/\$15
14924	Tu, 12/22	1-3 pm	\$9/\$15

KEY: **B** = Beginner **I** = Intermediate

# Technology cont.

## B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman

Course	Day, Date	Time	Cost
14932	Th, 10/1	10 am-12 pm	\$14/\$27
14931	Tu, 12/1	10 am-12 pm	\$14/\$27

## B Windows 10 Desktop

With the rollout of Windows 10, learn how to navigate the newest Windows platform. No class 11/11. Instructor: Hickman

Course	Day, Date	Time	Cost
14964	M, F, 11/9-11/13	10 am-12 pm	\$24/\$37

## B Yahoo Mail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost
14937	Th, 10/8	10 am-12 pm	\$9/\$15
14916	Th, 12/10	10 am-12 pm	\$9/\$15

## I Computer Security

Microsoft is concerned about your information. They offer a suite of products that can be customized to secure your computer. Learn tips to recognize warnings. Instructor: Hickman

Course	Day, Date	Time	Cost
14956	M, 11/16	10 am-12 pm	\$14/\$27

## I I Have a Question

Calling a company's support department can be a hassle. Going through the countless menus can be equally frustrating. Got a question, ask the teacher. You can even learn from questions of others. Instructor: Hickman

Course	Day, Date	Time	Cost
14943	Th, 10/15	1-3 pm	\$14/\$27
14951	Th, 10/29	10 am-12 pm	\$14/\$27
14960	Th, 11/19	10 am-12 pm	\$14/\$27
14961	F, 11/20	10 am-12 pm	\$14/\$27

14921	Th, 12/17	1-3 pm	\$14/\$27
14928	Th, 12/31	10 am-12 pm	\$14/\$27

## I Lost Password?

Many have lost their password to their computer, tablets or phones. Going through a maze to reset them require patience. Learn some tips so that you can regain access to your devices. Instructor: Hickman

Course	Day, Date	Time	Cost
14958	Tu, 11/17	10 am-12 pm	\$14/\$27

## I Maintaining Your Computer

Learn tips to help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class. Instructor: Hickman

### Desktop

Course	Day, Date	Time	Cost
14948	M, W, 10/26-10/28	10 am-12 pm	\$12/\$25
14925	M, W, 12/28-12/30	10 am-12 pm	\$12/\$25

### Laptop

Course	Day, Date	Time	Cost
14955	M, W, 11/2-11/4	10 am-12 pm	\$12/\$25

## I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format, and manipulate spreadsheets with MS Excel. Instructor: Hickman

Course	Day, Date	Time	Cost
14934	M, W, 10/5-10/14	1-3 pm	\$24/\$37
14914	M, W, 12/7-12/16	1-3 pm	\$24/\$37

## I Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks. No Class 11/11.

Course	Day, Date	Time	Cost
14957	M, W, F 11/2-11/13	1-3 pm	\$24/\$37

## Virtual Fall Classes

Take all of these classes right from your home!

## I Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs, and background styles. Topics also include how to add titles, charts, tables, and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost
14942	M, W, 10/14-10/21	10 am-12 pm	\$24/\$37
14920	M, W, 12/16-12/23	10 am-12 pm	\$24/\$37

## I Microsoft Word

Learn to line up text, collate a list, and make documents look professional. Instructor: Hickman

Course	Day, Date	Time	Cost
14930	M, W, 10/5-10/12	10 am-12 pm	\$24/\$37
14913	M, W, 12/7-12/14	10 am-12 pm	\$24/\$37

## I PC Malware

Malware is any piece of software which is intended to cause harm to your system or network. Malware is different from normal programs in a way that they most of them have the ability to spread itself in the network, remain undetectable, cause changes/damage to the infected system or network. Learn how to prevent your PC from being ruined. Instructor: Hickman

Course	Day, Date	Time	Cost
14935	Tu, 10/6	10 am-12 pm	\$14/\$27
14915	Tu, 12/8	10 am-12 pm	\$14/\$27

## I Using Cortana

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8. Instructor: Hickman

Course	Day, Date	Time	Cost
14967	Th, 11/12	10-11:30 am	\$9/\$15
14910	W, 12/2	1-3 pm	\$9/\$15

## I Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy, and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Hickman

Course	Day, Date	Time	Cost
14941	Tu, 10/13	1-3 pm	\$9/\$15
14919	Tu, 12/15	1-3 pm	\$9/\$15

## I Windows 10-Laptops

With the rollout of Windows 10, learn how to navigate the newest Windows platform. Instructor: Hickman

Course	Day, Date	Time	Cost
14949	M, W, 10/26-10/28	1-3 pm	\$24/\$37
14926	M, W, 12/28-12/30	1-3 pm	\$24/\$37

## Creating Holiday Labels **NEW!**

Tis the season! Let us take you step by step on how to make festive labels to send cards and gifts during the holidays season. Instructor: Hickman

Course	Day, Date	Time	Cost
14969	W, 11/25	10 am-12 pm	\$9/\$15

## Using Quick Keys

Ever wondered what the keys on the top of the keyboard mean? This class will guide you through the actions on each. Instructor: Hickman

Course	Day, Date	Time	Cost
14970	Tu, Th, 11/3-11/5	10 am-12 pm	\$9/\$15



KEY: **B** = Beginner **I** = Intermediate



# Fitness

## Abs and Back

The core is the key to better posture, better balance, and better movement. This class focuses on the core through exercises using upper and lower abdominal, pelvic floor, obliques, buttocks, and mid and lower back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost
14834	Tu, 9/15-11/17	5-5:45 pm	\$38/\$60

## Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. A mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost
14846	Tu, Th, 9/15-11/17	11 am-12 pm	\$48/\$75

### Mini Session

14858	Tu, Th, 12/1-12/17	11 am-12 pm	\$22/\$38
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## Afternoon Yoga Flow

Calm your mind and body during this yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period done on the mat. Please bring a yoga sticky mat. Instructor: Ford

Course	Day, Date	Time	Cost
14850	Tu, Th, 9/15-11/17	2:15-3:15 pm	\$60/\$94

### Mini Session

14876	Tu, Th, 12/1-12/17	2:15-3:15 pm	\$24/\$38
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## Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, gentle movements to help increase joint flexibility, range of motion, overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen

Course	Day, Date	Time	Cost
14847	Tu, Th, 9/15-11/17	1-2 pm	\$48/\$75
15626	Sa, 9/12-11/14	11:15 am-12:15 pm	\$35/\$48

### Mini Session

14861	Tu, Th, 12/1-12/17	1-2 pm	\$22/\$38
15627	Sa, 12/5-12/19	11:15 am-12:15 pm	\$15/\$22

## Balance Matters

Balance exercises help improve stability, coordination, leg strength, and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost
14826	M, 9/14-11/16	1:15-2 pm	\$30/\$48
14828	W, 9/16-11/18	12:10-12:55 pm	\$30/\$48

### Mini Session

14859	M, 11/30-12/14	1:15-2 pm	\$15/\$22
14860	W, 12/2-12/16	12:10-12:55 pm	\$15/\$22

## Belly Dance

Belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford

### Basics

Learn the basic moves of belly dance.

Course	Day, Date	Time	Cost
14827	F, 9/18-11/13	10-10:45 am	\$30/\$48

### Mini Session

14862	F, 12/4-12/18	10-10:45 am	\$16/\$25
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### Intermediate

**NEW!**

This class is for students who have some experience with belly dance and can move to an intermediate level. Intermediate belly dance covers intense multi-layered shimmies, complex combinations, travel steps, and choreography.

Course	Day, Date	Time	Cost
14895	Tu, 9/15-11/17	3:30-4:15 pm	\$30/\$48

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Ramsey

Course	Day, Date	Time	Cost
14840	M, W, 9/14-11/18	11 am-12 pm	\$40/\$62

### Mini Session

14864	M, W, 11/30-12/16	11 am-12 pm	\$16/\$25
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## Chair Zumba

This class allows the participants to enjoy all the Zumba dance moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music. Instructor: Vivar

Course	Day, Date	Time	Cost
14825	F, 9/18-11/13	1:15-2 pm	\$28/\$44

### Mini Session

14852	F, 12/4-12/18	1:15-2 pm	\$15/\$22
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## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing, and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost
14844	F, 9/18-11/13	12:15-1 pm	\$42/\$66

### Mini Session

14869	F, 12/4-12/18	12:15-1 pm	\$16/\$25
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## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: Finn

Course	Day, Date	Time	Cost
14831	F, 9/18-11/13	11:15 am-12 pm	\$32/\$50

### Mini Session

14870	F, 12/4-12/18	11:15 am-12 pm	\$15/\$22
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## Easy Zumba

Combine fun, energetic, and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Appropriate for beginners. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost
14843	M, W, 9/14-11/13	10-10:50 am	\$42/\$66

### Mini Session

14872	M, W, 11/30-12/16	10-10:50 am	\$18/\$22
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## Forever Fit

Receive a total-body workout that combines cardio exercise, strength training, and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructor: Ohlandt, Finn\*

Course	Day, Date	Time	Cost
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14824	M, 9/14-11/16	12:15-12:55 pm	\$28/\$44
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15649*	W, 9/16-11/18	9-9:50 am	\$35/\$44
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14848*	Tu, Th, 9/15-11/17	10-10:50 am	\$52/\$81
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### Mini Session

14866	M, 11/30-12/14	12:15-12:55 pm	\$15/\$22
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15650*	W, 12/2-12/16	9-9:50 am	\$18/\$24
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14867*	Tu, Th, 12/1-12/17	10-10:50 am	\$22/\$31
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## Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat, and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost
14836	Sa, 9/12-11/14	10-11 am	\$40/\$62

### Mini Session

14868	Sa, 12/5-12/19	10-11 am	\$18/\$22
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## Gentle Yoga and Meditation

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructor: Chowdhury

Course	Day, Date	Time	Cost
14833	W, 9/16-11/18	6:10-7 pm	\$38/\$56

## Virtual Fall Classes

Take all of these classes right from your homes!

## Need help paying for classes?

Program Assistance Fund can help!  
Call 240-314-8800 for more information

# Fitness cont.

## On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford

Course	Day, Date	Time	Cost
<b>14837</b>	M, 9/14-11/16	2:15-3 pm	\$42/\$62

### Mini Session

<b>14871</b>	M, 11/30-12/14	2:15-3 pm	\$18/\$25
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## Outdoor Small Group Training **NEW!**

This outdoor, strength-building class is designed to improve strength, flexibility, and balance using the outdoor fitness equipment located behind the senior center. This class may be modified to suit most fitness levels. Instructor: Ohlandt

Course	Day, Date	Time	Cost
<b>14898</b>	W, 9/16-11/18	9-9:40 am	\$50/\$62

## Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this non-impact, mind/body workout using mats. Class is appropriate for beginners. Instructor: Ford

Course	Day, Date	Time	Cost
<b>14845</b>	W, 9/16-11/18	1:15-2 pm	\$46/\$72

### Mini Session

<b>15606</b>	W, 12/2-12/16	1:15-2 pm	\$18/\$25
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## Piloxing® - Pilates. Boxing. Dance.

This high-intensity interval training program is a blend of Pilates, boxing, and dance moves that keep your pulse high. This workout will get you excited about working out again, not only for the physical aspect, but also because it's so much fun! You will notice stronger, longer, and leaner muscles, improved flexibility, better muscle control, and better coordination. For the very active participant. Instructor: Serrano Gonzalez

Course	Day, Date	Time	Cost
<b>14900</b>	F, 9/18-11/13	2:15-3 pm	\$44/\$72

## Strength Training Challenge

This class is designed to build muscle strength, endurance, and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands, and tubes. Class may include work on the mat. Instructor: Ramsey

Course	Day, Date	Time	Cost
<b>14849</b>	Tu, Th, 9/15-11/17	9-9:45 am	\$52/\$81

### Mini Session

<b>14873</b>	Tu, Th, 12/1-12/17	9-9:45 am	\$20/\$31
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## Strength Training Workshop **NEW!**

This workshop includes an interactive presentation followed by a full practice of the highlighted program. Instructor: Finn

Course	Day, Date	Time	Cost
<b>15657</b>	F, 9/11	10 am-11:30 am	\$15

## STRONG 30™

Strong 30™ is an innovative and intense 30-minute, complete body exercise. During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn

Course	Day, Date	Time	Cost
<b>14841</b>	M, 9/14-11/16	9:50-10:20 am	\$40/\$65

### Mini Session

<b>14856</b>	M, 11/30-12/14	9:50-10:20 am	\$18/\$22
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## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility, and balance using hand-held weights, bands, and tubes. Intensity may be modified to suit most fitness levels. Instructor: Klopfer

Course	Day, Date	Time	Cost
<b>14838</b>	M, 9/14-11/16	9-9:45 am	\$40/\$62
<b>14839</b>	F, 9/18-11/13	9-9:45 am	\$40/\$62

### Mini Session

<b>14874</b>	M, 11/30-12/14	9-9:45 am	\$18/\$25
<b>14875</b>	F, 12/4-12/18	9-9:45 am	\$18/\$25

**Virtual Fall Classes** Take all of these classes right from your home!



## Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation, and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Have a sticky mat available to use. This class includes work done on the mat. Instructor: Figlure

Course	Day, Date	Time	Cost
14835	W, F, 9/16-11/18	10-11 am	\$76/\$119

### Mini Session

14877	W,F, 12/2-12/18	10-11 am	\$30/\$44
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## Yoga for You-OUTDOORS **NEW!**

Enjoy being outdoors while gently stretching, strengthening, and practicing your favorite yoga poses! Wear comfortable, loose-fitting clothing and plan to do work on the mat both sitting and standing. Work will be barefoot on the mat! Bring your own sticky mat and any other yoga supplies you will need! Instructor: Figlure

Course	Day, Date	Time	Cost
14897	M, 9/21-11/2	10-10:30 am	\$40/\$60

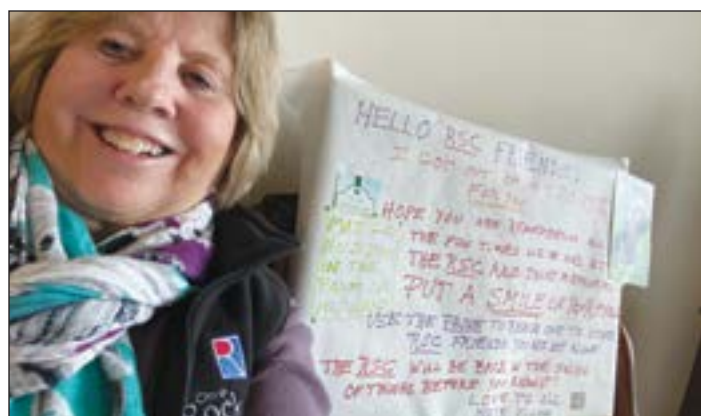
## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind, and soul. Enjoy dancing while receiving a total-body workout. Instructor: Ford

Course	Day, Date	Time	Cost
14829	M, 9/14-11/16	5-6 pm	\$32/\$50
14879	W, 9/16-11/18	5-6 pm	\$32/\$50

### Mini Session

14878	M, 11/30-12/14	5-6 pm	\$15/\$22
14830	W, 12/2-12/16	5-6 pm	\$15/\$22



## Wellness

### **Arthritis: Why Do My Joints Hurt? **NEW!****

Learn about the various forms of arthritis, who is affected, if there is a cure, and what things you can do to keep you moving. Dr. Carlos A. Martinez, DPT, owner CAM Physical Therapy and Wellness Services, LLC.

Course	Day, Date	Time	Cost
14893	Tu, 11/10	1-2 pm	Free

### **Back Pain and Sciatica **NEW!****

Dr. Carlos Martinez, DPT from CAM Physical Therapy and Wellness Services will share how back pain and sciatica affects us, the causes of back pain, the anatomy of your back, how a physical therapist can help you, and strategies to manage your pain.

Course	Day, Date	Time	Cost
14892	W, 10/21	1-2 pm	Free

### **Blood Pressure Series with Adventist HealthCare **NEW!****

#### Session 1: Blood Pressure 101

This high-level overview, will cover what blood pressure numbers mean, the effects of high blood pressure on body, risk, and lifestyle factors. *This class is part of blood pressure series but can be taken individually.*

Course	Day, Date	Time	Cost
14979	Tu, 9/8	1-2 pm	Free

#### Session 2: Diet & Hydration

Blood pressure often increases as weight increases. Weight loss is one of the most effective lifestyle changes for controlling blood pressure. Losing even a small amount of weight if you're overweight or obese can help reduce your blood pressure.

Course	Day, Date	Time	Cost
14973	Tu, 10/6	1-2 pm	Free

#### Session 3: Blood Pressure and Exercise

If you have elevated blood pressure, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your blood pressure down to safer levels. *This session will focus on adoptable exercises you can do regardless of your physical ability and environment.*

Course	Day, Date	Time	Cost
14975	Tu, 11/3	1-2 pm	Free

*Continued on next page...*

# Wellness cont.

## Session 4: Stress Reduction

Stress reduction methods such as breathing exercises and meditation can lower blood pressure.

Course	Day, Date	Time	Cost
14977	Tu, 12/1	1-2 pm	Free

## Combating Loneliness in Times of Social Distancing **NEW!**

This virtual zoom meeting with Adventist HealthCare will discuss tips on how to combat loneliness during this time of social distancing as well as coping strategies on keeping the mind engaged.

Course	Day, Date	Time	Cost
14974	Tu, 10/20	1-2 pm	Free

## Common Neuromuscular and Musculoskeletal Pain Syndromes **NEW!**

Dr. Masumi of Masumi Associates for Pain and Rehabilitation, will discuss basic anatomy and pathology of common neuromuscular and musculoskeletal pain and treatment principles.

Course	Day, Date	Time	Cost
12988	Th, 11/12	1-2 pm	Free

## Diabetes "Tool Box" **NEW!**

November is a Diabetes health observance month. During this virtual class, Adventist HealthCare will go over healthy eating, exercise, stress management, monitoring, avoiding complications, and understanding emotions.

Course	Day, Date	Time	Cost
14976	Tu, 11/24	1-2 pm	Free

## EFT Tapping for Good Health **NEW!**

Do you experience stress-related issues like anxiety, worry, anger, being overwhelmed or fears, insomnia, or physical aches and pains? Learn about Emotional Freedom Techniques (EFT "Tapping"). Tapping is a scientifically and clinically proven self-administered technique based on modern psychology and 5000 year old acupuncture, but without needles. Presented by Bev Nerenberg, Wellness at Your Fingertips.

Course	Day, Date	Time	Cost
12990	W, 10/7	1-2 pm	Free

## Fall Risks **NEW!**

Adventist Healthcare Rehabilitation will provide education about falls, recommend changes you can make at home, and determine your risk of falling based on a standardized questionnaire. Your scores will help determine if you may be referred for outpatient Physical Therapy, or review some exercises you can perform at home to reduce your risk of falls.

Course	Day, Date	Time	Cost
14972	W, 9/9	1-2 pm	Free

## Medical Cannabis **NEW!**

Dr. Wilfredo Gamez, MD and Clinical Director of Peake ReLeaf, specializes in the fields of aging and addiction to medicine. Dr. Gamez will present on the basics of medical cannabis, including how medical cannabis works and how medical cannabis can be utilized to alleviate symptoms associated with various conditions, including common symptoms of aging. He will also explain how to become a medical cannabis patient in Maryland.

Course	Day, Date	Time	Cost
12985	Tu, 10/13	1-2 pm	Free

## Ramping Up Your Exercise Program **NEW!**

Join Dr. Carlos Martinez, DPT, CAM Physical Therapy and Wellness Services, will present safe and effective strategies to begin exercising in the comfort of your own home, including the benefits of exercise, how to calculate your heart rates during exercise, specific exercises, cross training, exercise intensity and how to utilize the internet and You Tube to help you. This presentation will get you started on your exercise journey.

Course	Day, Date	Time	Cost
14894	W, 12/2	1-2 pm	Free

## Stress Reduction/Meditation **NEW!**

This class offers the tools to focus, relax, and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery, and stress reduction classes for over 30 years. Instructor: Betty Figlure

Course	Day, Date	Time	Cost
14940	M, 10/5-12/7	1-2 pm	\$24/\$40

## **P** The Benefits of Being Kind **NEW!**

World Kindness day is November 13th and has been observed on this day since 1998. In this virtual meeting, Adventist HealthCare will teach the practice of being kind, examine what science is behind it, and the possible health impacts it has on us.

Course	Day, Date	Time	Cost
14978	F, 11/13	1-2 pm	Free

## **P** The Importance of the Maryland MOLST Form **NEW!**

Maryland MOLST is a portable and enduring medical order form covering options for cardio pulmonary resuscitation and other life-sustaining treatments. Join us as we discuss the what, why, when, and how of this important medical form. Presented by Maria Khader, RN/CM/DN, Director, JK House of Grace, Assisted Living Homes.

Course	Day, Date	Time	Cost
12980	Tu, 11/17	1-2 pm	Free

# Support Resources

## **Computer Coding** **NEW!**

On day one, let's sit back and explore some of the conceptual and material advances that allowed us to achieve our computerized society. Focus on the specific areas of simulation, modeling, computer graphics, and block coding. On day two and three, try a hands-on introduction to visual coding language, using the Scratch program.

Course	Day, Date	Time	Cost
13287	F, 9/4-9/18	10 am-12 pm	Free

## **P** Estate Administration **NEW!**

Proper estate planning will allow one to take great steps toward protecting assets and reducing the financial burden that might otherwise be placed on loved ones. Let Stacie Rogers, Certified Elder Law Attorney (CELA), guide you through this information.

Course	Day, Date	Time	Cost
13286	Th, 10/1	1-2:30 pm	Free

<b>KEY:</b> <b>P</b> = Phone in available
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## **P** Memory Café

Alzheimer's Association Memory Cafés offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Must contact, representative Sheila Griffith at 240.840.3638 or [sagriffith@alz.org](mailto:sagriffith@alz.org) prior to attending the group.

Course	Day, Date	Time	Cost
14884	M, 10/5-12/21	12-1:30 pm	Free

## **P** Normal Aging vs. Not Normal Aging **NEW!**

This workshop, Michael Tubbs, Brookdale Potomac, helps participants identify the differences in "normal" and "not normal" aging. Participants will develop observational skills to recognize and respond effectively when behavioral challenges occur. Participants will also develop new skills related to approach, cueing, communicating with people living with dementia.

Course	Day, Date	Time	Cost
14899	Th, 11/5	1-3 pm	Free

## **P** Positive Aging Program

*Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.*

### **Women Living Alone**

This is a long-standing open-enrollment support group at RSC in which members support each other by listening; expressing concern; and offering tips, suggestions, and advice, when solicited. Meets first and third Thursday of each month.

Course	Day, Date	Time	Cost
14903	Th, 10/1-12/17	1-2:30 pm	Free

## **Fostering Relationships** **NEW!**

This group will explore recommendations for seniors, from various sources, for making and keeping friends, companions, and/or partners (including dating!), and provide an opportunity for group members to share what has worked and not worked for them. Meets first and third Tuesday of each month.

Course	Day, Date	Time	Cost
14901	Tu, 10/6-12/15	1-2:30 pm	Free



# Support Resources cont.

## Improving Communication **NEW!**

This group will provide tips for improving communication--from just saying hello to the more intense conflict resolution. Role-plays will allow group members to practice skills and learn how their attempts to communicate are received by others. Meets the second and fourth Thursday of each month.

Course	Day, Date	Time	Cost
14902	Th, 10/8-12/24	1-2:30 pm	Free

## Brain Games

It's back! Participating in this group will help exercise your brain as you play games and do challenging puzzles with others. The areas of your brain that decay slightly with normal aging are: memory; word recall (language); attention; visual and spatial awareness; brain speed and reflex; recognition; and intellect (learning). Come join the fun and work your brain! Meets second and fourth Tuesday of each month.

Course	Day, Date	Time	Cost
14904	Tu, 10/13-12/29	1-2:30 pm	Free

## Physical Exercise & Mental Health Workshop **NEW!**

Exercise generates the happy hormone, dopamine, as well as endorphins. With the Quarantine, it is more difficult to exercise at a time when our mood needs it. Join this group to learn about the positive impact exercise has on our moods as well as to gain support and input on ways to exercise when we are homebound. Note: this class meets once.

Course	Day, Date	Time	Cost
14905	W, 10/7	1-2:30 pm	Free

## Senior Housing and Care Options **NEW!**

Understand the differences between independent living, assisted living, memory care, respite care, nursing home care, nursing and rehab services, and home care options. Discuss the ways that these facilities are paid by health insurance, Medicare, Medicaid, grants, private pay, and long term care insurance.

Course	Day, Date	Time	Cost
13285	Tu, 9/22	1-2:30 pm	Free

## SNAP **NEW!**

SNAP and Food Access Outreach Program, trains volunteers to provide information to local residents about food assistance resources available in the County, and also help seniors, families with children, and other residents understand program eligibility requirements and documents needed to apply, and assist with application submission.

Course	Day, Date	Time	Cost
13339	Th, 10/15	10 am-12 pm	Free

## Speech and Voice **NEW!**

Communication defines us as human beings. Disorders of the voice can greatly affect one's ability to communicate effectively. Voice therapy is often very helpful in restoring voice function and greatly improving a patient's overall quality of life. "Speech and Voice Experience" will be leading this program to talk about the voice and discuss strategies to help it.

Course	Day, Date	Time	Cost
13288	Th, 9/3	10 am-12 pm	Free

## Staying Safe and Healthy: Understanding Abuse and Fraud **NEW!**

Join ElderSAFE for an interactive discussion on healthy vs. unhealthy relationships, elder abuse, financial fraud, and community resources.

Course	Day, Date	Time	Cost
13268	W, 10/21	1-2:30 pm	Free

## Villages 101 **NEW!**

Learn the basics of the village concept in a lively discussion with Rockville village facilitator Trish Evans. Have your questions answered about starting a village in your neighborhood and get the necessary resources to support it.

Course	Day, Date	Time	Cost
12993	Tu, 10/27	1-2:30 pm	Free



KEY: P = Phone in available



## Virtual Fall Classes

Take all of these classes right from your home!

# Registration Form

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_



City of  
**Rockville**  
Get Into It

City of Rockville  
Rockville Senior Center  
1150 Carnation Dr, Rockville, MD 20850

Presorted  
Standard  
**U.S. POSTAGE  
PAID**  
Suburban, MD  
Permit No. 63



## Rockville Senior Center Information

**City Observances:**

- Labor Day: Sept. 7,
- Election Day: Nov. 3,
- Veterans Day: Nov. 11

Consider donating to the **Senior Assistance Fund**. Donations will provide necessary food and personal hygiene items for those seniors with emergent needs.

Donations can be added to your cart on-line in our registration system or by checks mailed to:

Rockville Senior Center,  
1150 Carnation Dr.  
Rockville, MD 20850

*Checks made out to: City of Rockville with Senior Assistance fund in the description.*

**Drive Thru Flu Shots** at the Rockville Senior Center:

- Tuesday, Sept. 22,  
10 am- 1 pm,  
in back parking lot.

*Reservation required: 240.314.8800. Bring your Medicare Insurance cards. If you do not have Medicare you may pay cash: Quadrivalent (Regular) \$30., Preservative-free \$32, High-dose \$70, Egg-free \$70. High-dose is recommended for seniors. Mask required.*

Cómo hacer frente al cambio con José Hernández, Terapeuta (en español)  
Segundo Jueves de cada mes a la 1 p.m.  
por teléfono

Llame al 240.314.8800 o envíe un correo electrónico [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov) para juntura se el grupo

## Have A Great Fall!